

BOXING Training



OUR SERVICES

PERSONALIZED BOXING COACHING

Maximize your potential with personalized boxing training!

GROUP FITNESS S BOXING CLASSES

Mon - Fri: 6PM, Sat: 10AM Kids Class Tues & Thurs: 4PM

COMPETITION CLASS

For those interested in competing Tues & Thurs 5PM

FITNESS FOR ALL LEVELS, USA BOXING CERTIFIED COACHES, VETERAN OWNED. DISCOUNTS FOR VETS & FIRST RESPONDERS.







SUN	MON	TUES	WED	THURS	FRI	SAT
8A - 12P OPEN	6A - 7P OPEN	8A - 12P OPEN				
GYM	GYM	GYM	GYM	GYM	GYM	GYM
						10A
						GROUP
						CLASS
		4P		4P		
		KIDS		KIDS		
		CLASS		CLASS		
		5P		5P		
		COMP		COMP		
		CLASS		CLASS		
	6P	6P	6P	6P	6P	
	GROUP	GROUP	GROUP	GROUP	GROUP	
	CLASS	CLASS	CLASS	CLASS	CLASS	

(480) 483-2898